



## Amateur Mr. Olympia

### Inspection Report



**Moscow, Russia  
November 27-30, 2014**

### Welcome

Welcome to the POWER PRO SHOW 2014.  
POWER PRO SHOW 2014 has a great Multi-Event Program.  
Part of this event is – for first time ever! – the Amateur Mr. Olympia Moscow held in Russia on 27-30 November 2014.

Amateur Mr. Olympia Moscow is organized due to the exponentially growing interest in the sport of bodybuilding worldwide and in Russia. The winner of the 2014 Amateur Mr. Olympia Moscow will receive IFBB Pro Card, special invite to compete at the 2015 Mr. Olympia and Exclusive publication contract with Weider/AMI/FLEX Magazine.  
This event promises to be "The" amateur event of the year. Prize money: USD 50,000.



## Location

Amateur Mr. Olympia Moscow 2014 will be held in Moscow. Moscow is the capital of Russian Federation, the country's principal political, economic, financial, educational, and transportation center, located on the Moskva River and home to 20 million inhabitants. It is the most populous city in Europe. The city is in the Central Federal District located in the western part of the Russian Federation. It is the site of the famous Kremlin, which now serves as the ceremonial residence of the President. Moscow's architectural and performing arts culture are world-renowned. Moscow is also well known as the site of the Saint Basil's Cathedral, with its elegant onion domes, as well as the Cathedral of Christ the Savior. the Patriarch of Moscow, whose residence is the Danilov Monastery, serves as the head of the Russian Orthodox Church. Moscow also remains a major economic center and is home to a large number of billionaires and is perennially considered one of the most expensive cities in the world. It is home to many scientific and educational institutions, as well as numerous sport facilities. It possesses a complex transport system that includes the world's busiest metro system which is famous for its architecture.

Moscow is huge, exciting and exhausting at the same time. If you just visit The Red Square and Kremlin you won't get the whole picture.

Foreigners are usually surprised by the number of churches and cathedrals in and around the city. There are also a lot of beautiful palaces, old mansions and monuments in Moscow. There are more than 80 museums in our capital. The largest museums are the Pushkin Museum of Fine Arts, whose collections include works of art of the ancient Orient and ancient Egypt, and the State Tretyakov Gallery, which houses a rich collection of Russian painting and Russian icons. Other unique museums in Moscow are the State History Museum, the All-Russia Museum of Decorative, Applied and Folk Art, the Polytechnical Museum and many others. Moscow is famous for its theatres, too. The best-known of them is the Bolshoi Opera House. Drama theatres and studios are also very popular.



## Venue

The Amateur Mr. Olympia Moscow 2014 will be held at the venue, Congress Center of World Trade Center Moscow.

Congress Center of World Trade Center Moscow, a purpose-built fully renovated world-class venue, is considered to be the most advanced, professionally equipped and complete convention site in Russia. Clearly designed as international congress & conference venue, WTC Congress Center has the flexibility to handle any kind of meeting: large scale functions, product launches, shows, business meetings, spectaculars, exclusive exhibitions, banquets, promotional activities and special events.

With nearly 3,000 square meters of exhibition space our Congress Center is ideally suited for medium scale exhibitions. The capacity of the venue is almost 1,000 seats for the contest.



Address: 123610, Russia, Moscow, Krasnopresnenskaya nab., 12

Web: <http://www.wtcmoscow.ru/eng/>

# Amateur Mr. Olympia Moscow 2014

Categories accepted for Amateur Mr. Olympia Moscow are:

· Light weight Up to & Incl.	70 kg (154 lbs)
· Welterweight Up to & Incl.	75 kg (165 lbs)
· Light-Middle weight Up to & Incl	80 kg (176 lbs)
· Middle weight Up to & Incl	85 kg (187 lbs)
· Light-Heavy weight Up to & Incl	90 kg (198 lbs)
· Middle-Heavy weight Up to & Incl	95 kg (209 lbs)
· Heavy weight Up to & Incl	100 kg (220 lbs)
· Super-Heavy weight	Over 100 kg (+ 220 lbs)

Prize money: USD 50,000.

The winner of the 2014 Amateur Mr. Olympia Moscow will receive IFBB Pro Status, Special invite to compete at the 2015 Mr. Olympia and Exclusive publication contract with Weider/AMI/FLEX Magazine, which includes: Photo shoot with FLEX, Appear in the pages for FLEX, Special appearance on behalf of the Olympia and FLEX and One year contract with Olympia.

## Registration and Registration Fee

Registration of athletes will only be considered if they are recommended or entered by the National Federation of the athlete and the entry form has been emailed directly to the IFBB General Secretary and IFBB Head Office. The final decision to allow an athlete to compete in this event rests with the IFBB.

**The Registration Fee is 250 Euros per Athlete and will have to be paid to the IFBB Official when registering.**

This Registration Fee can easily be paid online if you have a PayPal account. When paying through PayPal, the amount should be in Euros and the email address to be forward to: [accounts@ifbb-madrid.org](mailto:accounts@ifbb-madrid.org)

The link for paying online: [www.ifbb.com/registration](http://www.ifbb.com/registration)

All the costs for traveling, hotel accommodations, transport from and to the airport and meals are the responsibilities of the national federations or individual athletes. Check with your national federation for more information.

## Posing music

All posing music must be on an audio CD only. Please, don't use MP3 version. The posing music must also be at the start of the CD. Each competitor must affix his name on the CD for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in the posing music.

## Preliminary Entry Form

The deadline for sending the Preliminary Entry Form is September 1st 2014.

National Federations must return the Preliminary Entry Form to the Organizing Committee as soon as possible but no later than the deadline date, confirming your federation's intent to participate. If at this time you do not know the actual names of the Official Participants, please indicate the total number of individuals from your National Federation who will participate in the Championships.

## Final Entry Form

The deadline for the Final Entry Form is November 4th, 2014. National Federations must submit the actual names of all Official Participants (Athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. In order to guarantee hotel accommodations for your team, the Final Entry Form must be returned not later than the deadline date. Your cooperation is essential to ensuring your accommodations at the hotel and adequate transportation for your team.

## **EXPO**

The POWER PRO SHOW 2014 exhibition is the first largest international health, wellness, bodybuilding and fitness exposition. EXPO will present leading businesses and organizations showcasing the latest trends in the industry. EXPO will feature 100 booths of the latest in sports equipment, apparel and nutrition and a stage with competitions and entertainment.

The POWER PRO SHOW 2014 giving an opportunity to local, regional and international organizations to showcase their products and services.

For all those who are interested, kindly contact the organizing committee as space is limited and will be reserved on a first come first serve basis.

## **SCHEDULE OF THE POWER PRO SHOW 2014**

### **Thursday, November 27<sup>th</sup>, WTC Congress Center**

- 10:00 am – 08:00 pm      Registration for Amateur Mr. Olympia Moscow, Bikini Pro Moscow  
Weigh-in
- 04:00 pm                      Press conference

### **Friday, November 28<sup>th</sup>, WTC Congress Center**

- 10:00 am – 7:00 pm      POWER PRO SHOW 2014 Exhibition
- 10:00 am                      Predjudging - Bikini Pro Moscow  
Predjudging - Amateur Mr. Olympia Moscow
- 2:00 pm                        Judging - Bikini Pro Moscow  
Judging - Amateur Mr. Olympia Moscow

### **Saturday, November 29<sup>th</sup>, WTC Congress Center**

- 10:00 am – 7:00 pm      POWER PRO SHOW 2014 Exhibition
- 03:30 pm                      Final - Bikini Pro Moscow  
Final - Amateur Mr. Olympia Moscow
- 08:00 pm                      Farewell Banquet

### **Sunday, November 30<sup>th</sup>, WTC Congress Center**

- 10:00 am – 6:00 pm      POWER PRO SHOW 2014 Exhibition
- 10:00 am – 2:00 pm      Men's Physique contest
- 12:00 pm                      Check out and departure of all participants

## Recommended hotel

Russia's Leading Business Hotel by world's most respected hospitality industry award World Travel Awards 2013, **Crowne Plaza Moscow WTC hotel** offers supremely comfortable guest rooms, modern facilities, fire and life safety systems of highest-quality and top-class service to suit both business executives and leisure visitors.

The Hotel is strategically located in the vicinity of Government House of Russia, business district Moscow City and International Exhibition complex Expocentre. Historical heart of the city is within walking distance. The Hotel has 724 elegantly furnished guest rooms, including suites and superb Club rooms. All rooms feature everything you may need for an efficient work and comfortable rest. Free wireless Internet available in all public areas and guest rooms.

The Crowne Plaza Moscow World Trade Centre hotel is situated 4 km from the Kremlin, overlooking the Moskva river, adjacent to International Exhibition complex Expocentre. It can be easily reached from the 3rd Ring Road or Noviy Arbat street. Complimentary secured parking is available for registered guests.

Address: 12 Krasnopresnenskaya emb., Moscow, Russia, 123610  
Phone: +7 (495) 258 22 22  
Web: <http://cpmow.ru/en/>

### Prices (27-30 Nov 2014)

Single room, breakfast not included:

USD 120/ per night (valid until September 30, 2014)

USD 200/ per night (valid from October 1, 2014)

To book different facilities please send your request to [hotel@powerproshow.ru](mailto:hotel@powerproshow.ru)



## Visas

If you book a tour through a travel agency back home, then you shouldn't have to worry at all about visas and registration. If, however, you're traveling independently, then you have a number of more or less complicated and expensive options to choose from in order to get a valid visa for your trip. There are three basic types of visa – Tourist, Business and Private – and the one you choose will be dictated less by the purpose of your trip and more by the length of your stay, your connections in Russia and the amount of time and money you have to get the visa. A number of private companies offer visa support for Russia, which can save you the trouble of organizing an invitation, queuing at your local consulate and dealing with often surly consular officials. These services do not normally come cheap, however.

Whatever type of visa you choose, you will require an official invitation or tourist voucher and you will still need to obtain and complete a Migration Card at your point of arrival. You will normally be registered either by your hotel, by your tour agent, or by your landlord if you are renting a flat. If you have to do this yourself, you must register within three working days – and, if you're traveling elsewhere in Russia, in any other city where you spend more than three working days.

To apply for a Russian visa you must have a passport valid for at least six months after the proposed date of your departure from Russia, and the passport must have one blank page (or two or three, depending on your nationality).

A postal application can be made for all types of visa, saving you the hassle of going to a consulate in person. It does, however, require extra time, and particular attention to detail. Making photocopies of all the documents you submit to and obtain from the Russian authorities is strongly recommended.

## Time difference

GMT +4 hours.

## Currency

The currency in Russia is the Russian Rouble (RUR). Roubles are divided into 100 kopeeks, with coins appearing in denominations of 5, 10 and 50 kopeeks, and 1, 2, 5 and 10 roubles. Notes are available in denominations of 5, 10, 50, 100, 500, 1000 and 5000.

100 USD = 3600 Roubles

100 EUR = 5000 Roubles

## Credit Cards

International credit cards such as visa, MasterCard, American express are widely accepted at the most major hotels, stores & restaurants.

## Weather

November Weather in Moscow

Average temperature: -1°C / 30°F

Average high: 1°C / 33°F

Average low: -4°C / 26°F



## Contact us

### General questions:

#### **POWER PRO SHOW Head Office**

Phone: +7 495 510-7155

Mail: [contest@powerproshow.ru](mailto:contest@powerproshow.ru)

Web: [www.powerproshow.com](http://www.powerproshow.com)

### Contest Registration:

#### **International Federation Of Bodybuilding And Fitness**

Phone: +34 91 535 28 19

Mail: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)

Web: [www.ifbb.com](http://www.ifbb.com)

#### **IFBB General Secretary**

William Tierney

Phone: +44 151 9314090

E-mail: [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)





## PRELIMINARY ENTRY FORM

In order to assist in the planning and organization of this contest, please complete the Preliminary Entry Form and return it to the Organizing Committee AS SOON AS POSSIBLE BUT NO LATER THAN SEPTEMBER 01, 2014.

PLEASE PRINT CLEARLY

FEDERATION NAME:	
FEDERATION CONTACT PERSON:	
Phone number:	
Fax:	
E-mail:	

Please be advised that there will be seven (7) categories at the Mr. Olympia Moscow as follows: 70 kg (154 lbs), 75 kg (165 lbs), 80 kg (176 lbs), 85 kg (187 lbs), 90 kg (198 lbs), 95 kg (209 lbs), 100 kg (220 lbs), Over 100 kg (+ 220 lbs).

NUMBER OF DELEGATES:	
NUMBER OF ATHLETES:	
NUMBER OF EXTRA DELEGATES AND SUPPORTERS:	

Our Federation is planning to participate in:

70 kg	Yes	No
75 kg	Yes	No
80 kg	Yes	No
85 kg	Yes	No
90 kg	Yes	No
95 kg	Yes	No
100 kg	Yes	No
Over 100 kg	Yes	No

PLEASE SEND ALL FORMS and PHOTOS FOR ACCREDITATION  
(no later than SEPTEMBER 1, 2014) TO:

**Your national Federation.**

Please send a copy to:

**FBFR**

E-mail: [dubinin@fbfr.ru](mailto:dubinin@fbfr.ru)

**The Olympia Amateur Moscow manager**

E-mail: [contest@powerproshow.ru](mailto:contest@powerproshow.ru)

International Federation Of Bodybuilding And Fitness  
2014 Mr. Olympia Moscow  
Moscow, Russia, 27-30 November 2014



## FINAL ENTRY FORM

DEADLINE FOR SENDING THE FINAL ENTRY FORM IS NOVEMBER 4th, 2014

PLEASE PRINT CLEARLY

COUNTRY	PRESIDENT'S NAME	FEDERATION'S NAME
CONTACT PHONE	FEDERATION'S EMAIL	

Please be advised that there will be seven (7) categories at the Mr. Olympia Moscow as follows: 70 kg (154 lbs), 75 kg (165 lbs), 80 kg (176 lbs), 85 kg (187 lbs), 90 kg (198 lbs), 95 kg (209 lbs), 100 kg (220 lbs), Over 100 kg (+ 220 lbs).

	Official Delegate(s) coming to this event (if any):	POSITION	CONTACT No.
1			
2			
3			
4			
5			

	Competitor's NAME	CATEGORY	IFBB INTERNATIONAL CARD OR PASSPORT
1			
2			
3			
4			
5			

If you have more official athletes, please add them on a separate sheet.

PLEASE SEND ALL FORMS and PHOTOS FOR ACCREDITATION  
(no later than NOVEMBER 4, 2014) TO:

### IFBB Head Office

Phone: +34 91 535 28 19

Mail: [headquarters@ifbb.com](mailto:headquarters@ifbb.com)

### IFBB General Secretary

William Tierney

Phone: +44 151 9314090

E-mail: [w.tierney@ifbb-uk.com](mailto:w.tierney@ifbb-uk.com)

Please send a copy to:

### FBFR

E-mail: [dubinin@fbfr.ru](mailto:dubinin@fbfr.ru)

### The Olympia Amateur Moscow manager

E-mail: [contest@powerproshow.ru](mailto:contest@powerproshow.ru)